

# Dance Classes for Adults

## Hip-Hop Dance

Have you ever watched a Pop or Hip Hop video or concert and thought to yourself, "I would love to learn to dance like that!" Well the time is here so come join the fun and learn the latest Hip Hop moves with choreography by Kenyatta. In this comfortable, fun, non-competitive setting, you will learn how to count music, perform in front of a group, and dance to strong movements. This class also helps build self-esteem and confidence. Level 2 students must have taken 2 sessions of Level 1. Ages 16+.

### Please Note:

- Instructor: Kenyatta Ali.
- Wear sweat pants/shorts (no jeans) and comfortable athletic shoes (no black soles).
- \*No class held July 4.

#1540.301	18 y +	Wed	6 meetings
6/6-7/18*	7:30-8:30 pm	SAL	\$52 / \$42
#1540.302	18 y +	Wed	6 meetings
7/25-8/29	7:30-8:30 pm	SAL	\$52 / \$42

## Beginning Ballroom 1 & 2

Swing, Cha Cha, Rumba, Waltz, Foxtrot and Tango are fun and easy ballroom dances that you will learn a variety of patterns. Women will also learn how to spin and move on the floor with grace and style. Men will learn how to twirl their partners and look natural on the floor. A portion of the class is dedicated to learning to find the beat to the music. Ages 16+.

### Please Note:

- Instructor: Melissa Lenon-McColloch.
- Wear ballroom or leather-soled shoes.

### Level 1

#1531.301	16 y +	Tu	4 meetings
6/5-6/26	6:30-7:30 pm	SAL	\$45 / \$35

### Level 2

#1531.302	16 y +	Tu	4 meetings
7/10-7/31	6:30-7:30 pm	SAL	\$45 / \$35



## Sizzlin' Summer Salsa Dance

Salsa is one of the hottest club dances in the Bay Area. It is fun, fast and will give you a workout. Merengue is also very popular at the Latin clubs and is marvelously simple. Lastly, Cha Cha is a must for hitting the clubs so you can groove to the club tunes. Ages 16+.

### Please Note:

- Instructor: Melissa Lenon-McColloch.
- Wear ballroom or leather-soled shoes.

### Level 1

#1546.301	16 y +	Tu	4 meetings
6/5-6/26	7:30-8:30 pm	SAL	\$45 / \$35

### Level 2

#1546.302	16 y +	Tu	4 meetings
7/10-7/31	7:30-8:30 pm	SAL	\$45 / \$35

## Belly Dancing

Belly Dancing is an excellent way to concentrate on balance, coordination, flexibility, muscle tone, stamina and posture. The Beginning class will introduce warm up moves, basic steps and finger cymbals. The Intermediate class will use all the techniques learned in the Beginning class, plus veil work, spins, and transitions from one step to another. Ages 15+.

### Please Note:

- Instructor: Dunia.
- Wear workout clothes/leotards and scarf to tie around hips.
- A \$20 material fee is payable to instructor at first class (for finger cymbals).
- \*No class held July 2.

### Beginning

#1532.301	15 y +	Mon	6 meetings
6/4-7/16*	6:30-7:30 pm	SAL	\$58 / \$48

#1532.302	15 y +	Mon	6 meetings
7/23-8/27	6:30-7:30 pm	SAL	\$58 / \$48

### Intermediate

#1533.301	15 y +	Mon	6 meetings
6/4-7/16*	7:30-8:30 pm	SAL	\$58 / \$48

#1533.302	15 y +	Mon	6 meetings
7/23-8/27	7:30-8:30 pm	SAL	\$58 / \$48

**Registration Starts** March 24 for Milpitas residents & April 12 for non-residents. Be sure to register early. Classes with low enrollments will be canceled a few days prior to their start dates. See our Registration section for our Refund Policy.

\* = Fees are listed as Non-resident / Resident prices. See "Please Note" in class description.

Facility Locations: MCC = Community Center SAL = Senior Center JPA = Jensen School of Performing Arts

# Music & Special Interest for Adults

## Hobby Electronics Workshop

This workshop will bet you into the wonderful world of electronics. Students will learn to identify basic electronic components, develop printed circuit board soldering skills, learn basic functions of components and will build an exciting working project. The workshop will concentrate on building the project from discrete components. Projects are appropriate for all levels so no prior kit building experience is required. Ages 9+.

### Please Note:

- Instructor: Milpitas Amateur Radio & Electronics Society (MARES).
- Students need a 15 watt solder iron, small pliers and tool box. Additional materials and tools will be discussed in first class.
- No class held July 4.

#3505.301	9 y +	Wed	8 meetings
6/20-8/15*	7:00-8:30 pm	MCC	\$46 / \$36

## Traditional Chen Family Taijiquan

Chen style Taiji (Tai Chi) is widely acknowledged as the ancestor of all other Tai Chi styles and it incorporates both martial and health benefits. This class introduces the Chen Taiji form, silk-reeling exercise and Qigong, which form the foundation of the Tai Chi system. Chen style Taiji involves powerful stances, stomping and explosive releases of energy, but can also be performed slowly and gracefully. Tai Chi promotes lifelong physical wellness, improves the mind-body connection and physiological functions, helps reduce stress and improves concentration and the immune system. Silk-reeling exercises increase the mobility of body joints and improve body coordination and strength. Ages 16+.



### Please Note:

- Instructor: Ging Loren Chin.
- Wear comfortable clothing and athletic shoes.

#2714.301	16 y +	Th	14 meetings
6/7-9/6	7:30-9:00 pm	SAL	\$150 / \$140



The Milpitas Community Concert Band is in its 14th season and is always looking for new members. Rehearsals are held Wednesdays, 7:00-9:00pm at the Milpitas Community Center, 457 E. Calaveras Blvd. Musicians skilled in woodwind, brass and percussion instruments are invited to join. Members must provide their own instrument and be able to read and play music. New members may join at any time. A variety of family-style concerts and performances are scheduled throughout the year.

**Activity Code: #1799.813 • Annual Fee: \$90**

**Ages: 14 and up (minimum 2 full years playing experience)**



## Tai Chi for Fitness 2

Tai Chi (Chuan) is an ancient Chinese martial art in which people exercise for good health and self defense. Movements are performed in slow motion which promotes body balance, weight control, muscle stretch, coordination and relaxation. Level 2 is a continuous class which the movements expand to 108 moves. Ages 18+.

### Please Note:

- Instructor: Bill Wong.
- A \$5 material fee is payable to instructor at first class.
- Wear comfortable clothing and athletic shoes.
- Instructor will supply a description and illustration of Tai Chi movements. This class is not recommended for those with severe knee problems.

### Level 2

#2716.301	18 y +	Wed/Fri	16 meetings
7/11-8/31	9:00-10:00 am	SPORT	\$103 / \$93

# Stroller Fitness & Golf for Adults

## Stroller Cross Fit

In CrossFit Stroller Aerobics™ you will work on conditioning your body with cardio, plio-metric, resistance training. We will be targeting the muscles used during labor, delivery and the day to day care of your baby. With CrossFit Stroller™ we will introduce Mind & Body connection with cool-down pillyoga stretch. This class is also an educational program for parents on Natural Movement Development in Children. Each week a topic will be presented on the importance of movement for development and activities you can do with your child. Ages 18+.

### Please Note:

- Instructor: Kidz Time Staff.
- Participants should wear comfortable clothes to move around.
- Students need to bring bands with handles, a yoga mat and a bottle of water.

#3533.301	18+ y	Fri	6 meetings
6/22-7/27	9:00-10:00 am	MCC	\$70 / \$60
#3533.302	18+ y	Fri	6 meetings
8/3-9/7	9:00-10:00 am	MCC	\$70 / \$60
#3533.303	18+ y	Sat	6 meetings
6/23-7/28	10:30-11:30 am	MCC	\$70 / \$60
#3533.304	18+ y	Sat	6 meetings
8/4-9/8	10:30-11:30 am	MCC	\$70 / \$60

## Beginning Golf

Learn the game you can play the rest of your life. Four-hours of classes will concentrate on fundamentals, including grips, putting, ball-striking, chipping, rules and etiquette. Also learn how to get the most out of your practice. Ages 16+.

### Please Note:

- Instructor: Mark Dorcak (PGA member) and Staff.
- Spring Valley Golf Course, 3441 Calaveras Rd., Milpitas
- Balls must be purchased at range. Arrangements for equipment may be made by calling (408) 956-8381.
- In case of rain, call (408) 956-8381.
- No class held September 1.

#3715.301	16 y +	Tu	4 meetings
6/5-6/26	6:00-7:00 pm	Sp.Valley	\$130 / \$120
#3715.302	16 y +	Sat	4 meetings
6/9-6/30	10:00-11:00 am	Sp.Valley	\$130 / \$120
#3715.303	16 y +	Sat	4 meetings
7/7-7/28	11:00 am-12:00 pm	Sp.Valley	\$130 / \$120
#3715.304	16 y +	Tu	4 meetings
7/10-7/31	6:00-7:00 pm	Sp.Valley	\$130 / \$120
#3715.305	16 y +	Th	4 meetings
8/9-8/30	6:00-7:00 pm	Sp.Valley	\$130 / \$120
#3715.306	16 y +	Sat	4 meetings
8/11-9/8*	10:00-11:00 am	Sp.Valley	\$130 / \$120
#3715.307	16 y +	Sat	4 meetings
9/8-9/29	11:00 am-12:00 pm	Sp.Valley	\$130 / \$120



## Youth & Teen Golf

Learn to play golf in a fun and safe environment. Juniors progress through 8 levels of academy and learn new aspects of golf at each level. After completion of the 8 levels, juniors go into a Graduate program where they play on-course each week. Academy students will also learn the 6 Character Pillars founded by the national program, "Character Counts!" Ages 6-16.

### Please Note:

- Instructor: Bay Area Golf Learning Centers.
- Summitpointe Golf Course, 1500 Country Club Dr., Milpitas.
- Golf clubs and balls are provided during class.
- In case of rain call (408) 262-8813.

### Beginning Level

#3704.301	6-16 y	Sat	4 meetings
6/2-6/23	12:00-1:00 pm	Summitpointe	\$99 / \$89
#3704.302	6-16 y	Tu	4 meetings
6/5-6/26	4:00-5:00 pm	Summitpointe	\$99 / \$89
#3704.303	6-16 y	Sat	4 meetings
7/7-7/28	12:00-1:00 pm	Summitpointe	\$99 / \$89
#3704.304	6-16 y	Tu	4 meetings
7/10-7/31	4:00-5:00 pm	Summitpointe	\$99 / \$89
#3704.305	6-16 y	Sat	4 meetings
8/4-8/25	12:00-1:00 pm	Summitpointe	\$99 / \$89
#3704.306	6-16 y	Tu	4 meetings
8/7-8/28	4:00-5:00 pm	Summitpointe	\$99 / \$89

### Intermediate Level

#3714.301	6-16 y	Sat	4 meetings
6/2-6/23	1:00-2:00 pm	Summitpointe	\$99 / \$89
#3714.302	6-16 y	Th	4 meetings
6/7-6/28	4:00-5:00 pm	Summitpointe	\$99 / \$89
#3714.303	6-16 y	Th	4 meetings
7/5-7/26	4:00-5:00 pm	Summitpointe	\$99 / \$89
#3714.304	6-16 y	Sat	4 meetings
7/7-7/28	1:00-2:00 pm	Summitpointe	\$99 / \$89
#3714.305	6-16 y	Th	4 meetings
8/2-8/23	4:00-5:00 pm	Summitpointe	\$99 / \$89
#3714.306	6-16 y	Sat	4 meetings
8/4-8/25	1:00-2:00 pm	Summitpointe	\$99 / \$89

# Rock Climbing & Tennis for Adults

## Intro to Rock Climbing

Have you always wanted to learn to rock climb? Here's the perfect opportunity to learn in a safe and controlled environment from professional climbing instructors. Students will learn to belay, tie knots, put on a harness and communicate with a climbing partner and safe rope handling techniques. All climbing equipment is included. This is a great way to stay in shape and make new friends! Ages 18+.

### Please Note:

- Instructor: City Beach Staff.
- City Beach, 4020 Technology Place, Fremont.

#3748.301	18 y +	Mon	1 meetings
6/11	7:00-9:00 pm	City Beach	\$55 / \$45
#3748.302	18 y +	Mon	1 meetings
6/25	7:00-9:00 pm	City Beach	\$55 / \$45
#3748.303	18 y +	Mon	1 meetings
7/9	7:00-9:00 pm	City Beach	\$55 / \$45
#3748.304	18 y +	Mon	1 meetings
7/23	7:00-9:00 pm	City Beach	\$55 / \$45
#3748.305	18 y +	Mon	1 meetings
8/6	7:00-9:00 pm	City Beach	\$55 / \$45
#3748.306	18 y +	Mon	1 meetings
8/20	7:00-9:00 pm	City Beach	\$55 / \$45

## Tennis - Adult Level 1

Students learn the basic skills needed to play the game. They will be introduced to the scoring and fundamentals in a game-based environment. The object is to lay the foundation so they may have the confidence to move on to the Level 2 class in a relatively short time. Ages 16+.

### Please Note:

- Instructor: Barry Poole, USPTA.
- Class held at Hall Park.
- All participants are required to bring a racquet and tennis balls to each class meeting. Students should wear athletic shoes and comfortable clothing.

#3701.301	16 y +	Sat	3 meetings
6/16-6/30	10:30 a-12:00 p	Hall Park	\$70 / \$60
#3701.302	16 y +	Sat	4 meetings
7/7-7/28	10:30 a-12:00 p	Hall Park	\$90 / \$80
#3701.303	16 y +	Sat	4 meetings
8/4-8/25	10:30 a-12:00 p	Hall Park	\$90 / \$80
#3701.304	16 y +	Sat	4 meetings
9/8-9/29	10:30 a-12:00 p	Hall Park	\$90 / \$80
#3701.305	16 y +	Wed	3 meetings
6/13-6/27	6:30-8:00 pm	Hall Park	\$70 / \$60
#3701.306	16 y +	Wed	4 meetings
7/11-8/1	6:30-8:00 pm	Hall Park	\$90 / \$80
#3701.307	16 y +	Wed	4 meetings
8/8-8/29	6:30-8:00 pm	Hall Park	\$90 / \$80
#3701.308	16 y +	Wed	4 meetings
9/5-9/26	6:30-8:00 pm	Hall Park	\$90 / \$80



Get in shape with the Great Strides Walking Program. This program is offered in conjunction with the Great Mall, Kaiser Permanente Medical Group and the City of Milpitas. Walkers meet at 8:30 am on Mondays and Wednesdays at the Great Mall's Food Court. If walkers are unable to attend during these designated times, they are welcome to walk as their schedules permit. **Contact the Milpitas Sports Center at (408) 586-3225 for more information. TDD users should call (408) 942-3289.**





# Tennis for Adults

## Tennis - Adult Level 2

Students in this class are expected to already be able to maintain some kind of a rally. They will begin work to expand those skills to include the 5 priorities of tennis. They will build on the skills to control both the depth, spin and pace of a rally, and to begin including those skills in match play and cooperative situations. They will also learn doubles tactics and strategies, as well as their basic coverage responsibilities. Ages 16+.

### Please Note:

- Instructor: Barry Poole, USPTA.
- Class held at Hall Park.
- All participants are required to bring a racquet and tennis balls to each class meeting. Students should wear athletic shoes and comfortable clothing.

#3706.301	16 y +	Sat	3 meetings
6/16-6/30	10:30 a-12:00 p	Hall Park	\$70 / \$60
#3706.302	16 y +	Sat	4 meetings
7/7-7/28	10:30 a-12:00 p	Hall Park	\$90 / \$80
#3706.303	16 y +	Sat	4 meetings
8/4-8/25	10:30 a-12:00 p	Hall Park	\$90 / \$80
#3706.304	16 y +	Sat	4 meetings
9/8-9/29	10:30 a-12:00 p	Hall Park	\$90 / \$80
#3706.305	16 y +	Th	3 meetings
6/14-6/28	6:30-8:00 pm	Hall Park	\$70 / \$60
#3706.306	16 y +	Th	4 meetings
7/5-7/26	6:30-8:00 pm	Hall Park	\$90 / \$80
#3706.307	16 y +	Th	4 meetings
8/2-8/23	6:30-8:00 pm	Hall Park	\$90 / \$80
#3706.308	16 y +	Th	4 meetings
9/6-9/27	6:30-8:00 pm	Hall Park	\$90 / \$80

## Tennis - Adult Advanced

This class is designed to address the hidden skills of positioning and anticipation as well as building on the fundamentals that the student already has established. Students will begin developing a weapon or two, and will learn how to use effectively to implement a tactically and strategically sound game plan. The skills, drills and thrills will be fast paced and doubles oriented. In the process, students will also begin learning and using advanced doubles formations so they may begin using them in their own doubles play. Ages 16+.

### Please Note:

- Instructor: Barry Poole, USPTA.
- Class held at Hall Park.
- All participants are required to bring a racquet and tennis balls to each class meeting. Students should wear athletic shoes and comfortable clothing.

#3720.301	16 y +	Sat	3 meetings
6/16-6/30	9:00-10:30 am	Hall Park	\$70 / \$60
#3720.302	16 y +	Sat	4 meetings
7/7-7/28	9:00-10:30 am	Hall Park	\$90 / \$80
#3720.303	16 y +	Sat	4 meetings
8/4-8/25	9:00-10:30 am	Hall Park	\$90 / \$80
#3720.304	16 y +	Sat	4 meetings
9/8-9/29	9:00-10:30 am	Hall Park	\$90 / \$80
#3720.305	16 y +	Tu	3 meetings
6/12-6/26	6:30-8:00 pm	Hall Park	\$70 / \$60
#3720.306	16 y +	Tu	4 meetings
7/3-7/24	6:30-8:00 pm	Hall Park	\$90 / \$80
#3720.307	16 y +	Tu	4 meetings
7/31-8/21	6:30-8:00 pm	Hall Park	\$90 / \$80
#3720.308	16 y +	Tu	4 meetings
8/28-9/18	6:30-8:00 pm	Hall Park	\$90 / \$80



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Facility Locations: MCC = Community Center SAL = Senior Center JPA = Jensen School of Performing Arts

# Tennis for Adults

## Tennis - Adult Season Opener Boot Camp

This is a boot camp focused on getting adults ready for their league and match play season. It is geared for all levels, and will include focusing on footwork, conditioning, and fundamental skills. It will also incorporate introducing new skills to include using the basic 5 priorities of tennis in match play, basic and advanced doubles formations and positioning, reading skills, defensive and offensive skills, and mental toughness preparation. The drill, skills, and thrills will be fast paced and oriented toward preparing for match play in both singles and doubles. The camp will kick off Friday evening with a potluck (7-10 pm), which will include an orientation and a manual. Saturday and Sunday the work begins on court, and then finish off with a tournament and potluck on Monday. Fee includes manual and T-shirt. Ages 16+.



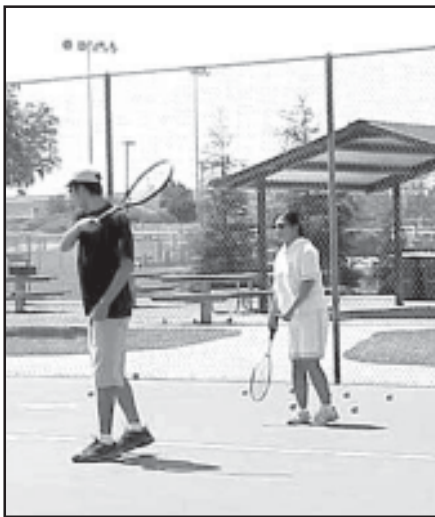
### Please Note:

- Instructor: Barry Poole, USPTA.
- Class held at Hall Park.
- All participants are required to bring a racquet and tennis balls to each class meeting. Students should wear athletic shoes and comfortable clothing.

#3722.301 16 y + Fri-Mon 4 meetings

8/31-9/3 1:00-4:00 pm Hall Park

Fee: Singles \$110 / \$100 (Receive a \$50 discount if you sign up with a partner for Doubles)



## Get Out & Play with Milpitas & USTA!



**Saturday, May 19, 2007**

**9:00 am-12:00 pm**

**Registration begins at 8:30 am**

**Yellowstone Park Tennis Courts**

(Yellowstone Dr., just east of S. Park Victoria Dr.)

The Community is invited to join us for a fun-filled morning of complimentary tennis instruction, games, prizes and more! You'll enjoy hands-on instruction from USTA professionals, in a safe and fun environment. Milpitas' own Junior Ranked Players will also be there to provide demonstrations. Get out and play! Don't miss the fun!

**For more information, contact  
Milpitas Parks & Recreation Services  
(408) 586-3210**

This event is provided in part through a grant received from NorCal USTA.



**Nationwide<sup>®</sup>  
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